

EAST SHORE UNITARIAN CHURCH

12700 SE 32ND STREET, BELLEVUE, WA
(425) 747-3780 · WWW.ESUC.ORG



EastShoreUC



@ESUC1



eastshore_uc

“Poverty Does Not Define Your Soul”

August 20, 2023



*We practice love, explore spirituality,
build community, and promote justice.*

Welcome to East Shore Unitarian Church

We extend a special welcome to all who are here for the first time. We are glad you are here and hope your morning will provide you with a greater sense of connection with yourself, with the people around you, and with the world and spirit outside these walls. After today's service, please join us outside for coffee, tea, and conversation.

If you didn't stop by before service, please stop by the visitors desk in the foyer. There you can learn more about the church, and fill out a visitor form. During the week, we will contact you to see if you have any more questions, and help you navigate through all of our amazing programs and groups.

Large-print hymnals and a braille hymnal are available in the foyer from the ushers. Our hearing assistance devices use T-Coil loop technology. Hearing assistance devices are also available in the back of the Sanctuary or from the ushers.

Gender Affirming Restrooms are located in each building. A private restroom is located in the Administration Building. Diaper changing stations are located in all restrooms.

Families, Children & Youth

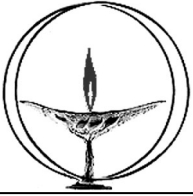
Children and youth gather in the Sanctuary with their peers or parents and on most Sundays of the year, help to light our worship chalice, share our covenant, a song and story. Most Sundays, children and youth will go to programming just for them after the Story! On "All Ages Sundays", children and youth stay in the Sanctuary and enjoy in a worshipful and celebratory space with no religious education programming. Rugs in the back and front of the Sanctuary invite children to color, read, listen, and play while also enjoying the song, movement, and prayer of a UU community. If you'd like to hear more about our programs and our registration process, set up a call with Amanda Alice Uluhan, Director of Religious Education at 425-747-3780 ext 104. We are so glad you are here!

Keeping In Touch

Do you want to keep in touch during the week? Follow us on Facebook (EastShoreUC), Twitter (@ESUC1) and Instagram (eastshore_uc). You can also request to join our email list by emailing our Director of Membership Development at membership@esuc.org. Paper copies of sermons and audio copies of the service are available in the Administration Building. You can also listen to the sermons online at esuc.org/worship/past-worship-services. Sermons are also available as Podcasts, search for "East Shore Unitarian Sermons." Sermons are posted on Tuesdays.

Have a suggestion? Leave your comments and suggestions in the box located under the TV screen in the Sanctuary lobby.

Please return this Order of Service to the baskets by the door for recycling.



*Thank you for silencing all electronic devices. Please ask any usher for an assisted listening device, a large print hymnal, or a braille hymnal.
Please feel free to fill out a card of joys & sorrows located at the back of the Sanctuary or under the chairs.*

ORDER OF SERVICE

August 20, 2023

10:30 a.m.

Centering Music

Eric Lane Barnes

Welcome & Land Acknowledgement

David Langrock

Ringling of the Bell

Introduction

Eric Lane Barnes

Video

*75 Years in 2 Minutes/
Indian National Anthem*

You are the ruler of the minds of all people,
Dispenser of India's destiny.
Your name rouses the hearts of Punjab, Sind, Gujrat and Maratha,
Of Dravid, Orissa and Bengal.
It echoes in the hills of the Vindhya and Himalayas,
Mingles in the music of Jamna and Ganges and is chanted by
the waves of the Indian sea.
They pray for your blessings and sing your praise.
The saving of all people waits in your hand,
Dispenser of India's destiny,
Victory, Victory, Victory to you.

*** Hymn #125**

From the Crush of Wealth and Power

Chalice Lighting & Response

Barb Clagett

We light this chalice to remind ourselves to treat all people kindly because they
are our siblings in spirit;
To take good care of the earth because it is our home;
And to try to live lives filled with goodness and love because that is how we will
become the best people we can be.

Time for All Ages

A Community of Belonging

Amanda Alice Uluhan

Children's Recessional

This Little Light Of Mine

(Verse 1) This little light of mine, I'm gonna let it shine...

(Verse 2) Everywhere I go, I'm gonna let it shine...

Pastoral Prayer/Joys & Sorrows

Please fill out a card in the back of the Sanctuary (in person) or in chat (virtual)

Musical Meditation

I Am Sending You Light

Sermon

Your Wealth Does Not Define You

Swapnesh Dubey

Gifts of the Congregation

David Langrock

*Text ESUC plus any dollar amount to 73256 to give to ESUC using your text messaging.
Standard text message rates do apply. You can also use esuc.org/give or mail in a check to
ESUC any time! There are also QR codes around campus.*

East Shore Unitarian Church Covenant

Barb Clagett

Love is the doctrine of this church.

The quest for truth is its sacrament, and service is its prayer.

To dwell together in peace, to seek knowledge in freedom,

To serve humanity in fellowship, thus do we covenant.

Closing Words

Eric Lane Barnes

Extinguishing the Chalice

Barb Clagett

We extinguish this flame but not the light of truth,

the warmth of community, or the fire of commitment.

These we carry in our hearts until we are together again.

*** Hymn #318**

We Would Be One

Postlude

Lehra Do

by Pritam & Kausar Muni
performed by Taare Dance Cape Town

Worship Leadership Today Greeters: Sheridan Botts | Zoom Tech Assistant: Rachel Herbert | ACE Team: Janis Pock, Steve Wellons, Chris Struble

Thanks to the Staff; our Ushers and Greeters; our Religious Education Teachers; and the ACE Media People for audio visual support.

Next Sunday, August 27, at 10:30 a.m.

“Celebrating Our Indigenous Connections”

with the Indigenous Connections Team

Join the East Shore Indigenous Connections Team as we share what we have learned while building relationships with our indigenous neighbors. We will also honor two UU women who have worked tirelessly to connect and inspire us, and other UUs to engage with indigenous communities and the issues that impact them.

TODAY AT EAST SHORE

Summer RE: 10:30 a.m. in Spring Hall: All ages children and youth join in for a fun, interactive, stand-alone UU lesson. Two adult volunteers per week are needed. Volunteers, sign up for a Sunday to share a hobby, teach a lesson, and play! Questions? Contact LeAnne Struble at education2@esuc.org.

Coffee Hour: 11:30 a.m. Outside: After worship, enjoy a casual time to get to know the East Shore community of friends and members. Head to the foyer and then outside or back into the North Room! Please consider bringing your own travel mug!

"Let's Talk About It" Screening: 12:00 p.m. in the Sanctuary: After the service, starting at 12:00, we will be viewing the first episode of Swapnesh's television talk show 'Let's Talk About It.' In this first episode Mr. Dubey interviews residents of Dharavi, Asia's largest slum. He asks pointed and leading questions that reveal things often hidden about people who live in this and other slums. This video is a companion to the talk Swapnesh will be giving during the Sunday service. Both the service and the follow-up video will be a compelling, engaging, and joyful experience.

New ESUC Directory in Realm App Training: 12:00 p.m. in Spring Hall: Nicole Duff will host a Realm training introducing everyone to the amazing app! This is the best on the go directory you can ask for. To best prepare, download the “Realm Connect” app and make sure you can login. If you need your password reset or need an invitation to Realm, reach out to Nicole before hand so she can get you set up.

Millennial Meetup: 12:00 p.m. in at Thai Ginger in Factoria (In Person, off-site): Are you a Millennial (born between 1981-1996)? Nicole Duff is putting together an outing right after worship in Factoria. This is just an opportunity to be social and get to know one another. If interested, please contact Nicole for more information.

UPCOMING EVENTS

Democracy & Its Alternatives: Tuesdays, 7:00 p.m. (Virtual): This course is a history of the U.S. Constitution, constitutional law, constitutional ideas, and constitutional conflicts from the nation's founding to the present day. In short, it's a course in intellectual history entwined with political, social, cultural, and military history. To join the class, use rebrand.ly/zhzte8a.

Fourth Wednesday Book Club: Wednesday, August 23, 5:30 p.m. (In Person): Join us for our annual potluck and book pick! We will choose our books for 2023-2024. Everyone is invited to make suggestions, but only if they've actually read the book. Please send the titles, authors, and publication dates of their nominees to Zee Straight-Weiss by Wednesday, August 16.

East Shore Outdoors: Multiple Dates (In Person): Get outside and enjoy the beautiful scenery of the Pacific Northwest and contribute to building community at East Shore, through walks and hikes with the East Shore Outdoors group. Questions? Contact Amanda Strombom.

Summer RE: Sunday, August 27, 10:30-11:30 a.m. (In Person): All ages children and youth join in for a fun, interactive, stand-alone UU lesson. 2 adult volunteers per week are needed. Questions? Contact LeAnne at education2@esuc.org.

ESUC @ The Mariners: Sunday, August 27, 1:00 p.m. (In Person at T-Mobile Park): All are invited to the Sunday, August 27th game at 1:10 p.m. as our Seattle Mariners take on the Kansas City Royals! Tickets are \$12 each and need to be reserved. Contact Nicole Duff.

Humanist Discussion Group: Thursday, September 7, 7:00 p.m. (Virtual): Join our monthly gathering of humanists for a discussion. Join via Zoom: 897 8229 3617, Passcode: 230276

RE Kids Volunteer Training: Saturday, September 9, 9:00-11:30 a.m. (In Person): Sign up for our safety and curriculum training to lead a group of kids this year! Email Director of RE Amanda for more information.

Salmon Bake: Save the Date... and Volunteer!: September 10, 11:30 a.m. (In Person): It's time to sign up to help with the Annual Salmon Bake! Save the date of September 10 to come out and celebrate with one another. Please also sign up to help as many hands make light work for all.

See more upcoming events at esuc.org/whats-happening

ESUC NEWS

Summer Watering Help Needed! Please help keep our wonderful East Shore grounds healthy and green this summer! Come water the plants, shrubs, and trees. The SignUp Genius has dates throughout the summer on Wednesdays and Sundays to water the plants. There are four different sections of the East Shore grounds to water. Choose a date, and then sign up for one or two sections - or sign up to water all the sections – whatever works for you. Sign up at signupgenius.com/go/10C0E4EADAD2FA1FD0-summer.

Salmon Bake: Save the Date... and Volunteer!: September 10, 11:30 a.m. (In Person): It's time to sign up to help with the Annual Salmon Bake! Save the date of September 10 to come out and celebrate with one another. Please also sign up to help as many hands make light work for all. More info at esuc.org/event/ingathering-salmon-bake-2023

Send Postcards! We will have packs of 10 postcards – random – for people to pick up. You will write a friendly note (sample provided) with details about September 10 Water Communion and Ingathering potluck (Salmon Bake). The postcards will be stamped so after you write a message just get them in the mail no later than September 1. All ages are encouraged to participate! Contact Nicole if you can help.

ACKNOWLEDGEMENT OF OUR INDIGENOUS NEIGHBORS

We, at East Shore Unitarian Church, acknowledge that this land is the traditional territory of Coast Salish peoples. We recognize the impact of settler colonialism and pledge to nurture our relationship with our indigenous neighbors. Their ways and understanding will guide us as we work to restore and sustain their homelands upon which we all depend.

East Shore Unitarian Staff

425-747-3780

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Celil Cakmak	Facilities Supervisor	super@esuc.org	



East Shore Unitarian Church is proud to publicly support the Black Lives Matter movement. This stance is in alignment with the values of our faith and is also endorsed by the UUA. More information can be found at www.uua.org/statements/support-black-lives-matter-movement.

The Eight Principles

Unitarian Universalist congregations affirm and promote eight Principles, which we hold as strong values and moral guides. They are:

- * The inherent worth and dignity of every person;
- * Justice, equity and compassion in human relations;
- * Acceptance of one another and encouragement to spiritual growth in our congregations;
- * A free and responsible search for truth and meaning;
- * The right of conscience and the use of the democratic process within our congregations and in society at large;
- * The goal of world community with peace, liberty, and justice for all;
- * Respect for the interdependent web of all existence of which we are a part.
- * Journeying toward spiritual wholeness by working to build a diverse multicultural Beloved Community by our actions that accountably dismantle racism and other oppressions in ourselves and our institutions.

Getting to Know Us

Where to Start: Attend worship services, introduce your children to Religious Education, come to coffee hour, join the choir, participate in East Shore's variety of activities and classes. You can read more about these in our newsletter, *The Beacon*, or if you sign up for the weekly e-mail (at the visitors table).

Learn More about Becoming a Member: Talk to our Director of Membership Development for details about our Pathway to Membership.

Ways to Support East Shore's Mission

Donations to East Shore go to support the operating fund. This allows us to be open seven days a week, offer great programming, classes, and events. Please join us for some upcoming classes or events!

There are many ways to volunteer your time at East Shore, whether you like to do office work, grounds work, or working with children. We are open 7 days a week, and could always use more help. For more information, fill out a form at <https://esuc.org/give/#volunteer> or contact our Office Administrator Jenny Newell, at esuc@esuc.org

Scan Here to give to East Shore from your phone:

